



Ilyana Romanovsky

Zip Code: 94705

Zip Postal: 94705-2443

Language: English

Populations Treated: Adults, Adolescents/Teens, Children

Organization: Ilyana Romanovsky LMFT P.C.

Disorders Treated & Specialty: Depression, Agoraphobia, Anxiety, Bipolar Disorder, Body Focused Repetitive Behaviors, Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Specific Phobias, Tourette's Syndrome, Trauma, Trichotillomania

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Referral, Mindfulness

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Degree: MA, Others

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Professional focus: Marriage and Family Therapist

ABOUT

Ilyana Romanovsky, M.A. MFT., is a licensed Marriage and Family Therapist (MFT 80096), specializing in treatment of adults, adolescents and children with Attention Deficit Hyperactivity Disorder, mood disorders (Depression, Bipolar Disorder) and anxiety disorders (Obsessive Compulsive Disorder, Panic Disorder, Social Anxiety, Generalized Anxiety Disorder, Phobias, Post Traumatic Stress Disorder). She also specializes in treating body focused repetitive behaviors (BFRBs) such as Trichotillomania (hair pulling) and chronic skin picking. In addition to clinical work, Ilyana Romanovsky has a strong research background and has published articles in peer reviewed journals, a chapter in a research textbook and authored a book on how to get the most out of psychotherapy - Choosing Therapy: A Guide To Getting What You Need. She remains active in the Cognitive Behavioral Therapy community by participating in CBT networks and pursuing her research interests at professional conferences. For more information please visit: www.berkeyleymentalhealth.com

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Bipolar Disorder
Body Focused Repetitive Behaviors
Depression
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Specific Phobias
Tourette's Syndrome
Trauma
Trichotillomania

PAYMENT OPTIONS



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.

We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.

If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.

Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.

Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take insurance.

Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.

The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.

HELPFUL LINKS

ADAA Website
<https://adaa.org/>

Tips and Questions About How to Chose a Therapist That's Right for You

<https://adaa.org/finding-help/treatment/choosing-therapist>

5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

Watch ADAA's Short "What is" Videos on Depression, MDD, PTSD, OCD and Suicide

<https://adaa.org/resources-news/from-adaa-experts/videos>

Mental Health Webinars

<https://adaa.org/resources-news/from-adaa-experts/webinars>

Mental Health Personal Stories

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

ADAA Free Newsletter Sign Up

https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page

Join a Free Support Community

<https://adaa.org/find-help/support>

Meet ADAA's Institutional Members

<https://adaa.org/professionals/Institutional-Memberships>

For Therapists: Watch ADAA's Find Your Therapist Video

<https://youtu.be/Eq3zOzbfGoU>